

Health Promotion Resource Guide

Online resources for Weight Management Programs



Use the resources below to maximize health promotion resources.
Many of these resources can be downloaded and used free of charge.

*Please note: the resources listed below do not in any way constitute
Department of Defense endorsement of the private entity, its website or its products.*

US Army Center for Health Promotion and Preventive Medicine (USACHPPM)/DHPW –
Power Performance...the Nutrition Connection (PPNC)
<http://chppm-www.apgea.army.mil/dhpw/Wellness/ppnc.aspx>

Healthfinder (a service of the National Health Information Center) – Obesity topic
<http://www.healthfinder.gov/scripts/SearchContext.asp?topic=592>

National Heart, Lung, and Blood Institute Information Center – Aim for a Healthy Weight
http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm

Steps to a Healthier US – Small Steps
<http://www.smallstep.gov/>

The Army Weight Control Program – Army Regulation 600-9
http://www.usapa.army.mil/pdffiles/r600_9.pdf

A 'hidden' resource: your network

Talk to others at your installation and in your community. Contact people at other installations and in other organizations (like USACHPPM). Find out what resources work well in other places.

Navy Environmental Health Center – ShipShape Program
<http://www.nehc.med.navy.mil/hp/shipshape/index.htm>

Guide to Community Preventive Services – Obesity
<http://www.thecommunityguide.org/obese/default.htm>

Centers for Disease Control and Prevention (CDC) – Overweight and Obesity
<http://www.cdc.gov/nccdphp/dnpa/obesity/index.htm>

American College of Preventive Medicine – Evidence Based Recommendations for Preventive Services
Clinical Preventive Services – Obesity
<http://www.acpm.org/cpsobesity.htm>

American College of Preventive Medicine – Evidence Based Recommendations for Preventive Services
Community Preventive Services – Promoting physical activity
<http://www.acpm.org/cpsphysicalactivity.htm>

National Institutes of Health (NIH) - The Weight-Control Information Network
<http://win.niddk.nih.gov/index.htm>

Bottom line

Use resources from credible sources to build a weight management program or to enhance an existing program. Avoid starting from scratch whenever possible.

For more Health Promotion Resource Guides, go to <http://chppm-www.apgea.army.mil/dhpw/Population/HPPI.aspx>.

For more information about the HPPI Program email: hppi_program_info@amedd.army.mil.